The staff of the Commission on Aging and Greenwich Senior Center are working remotely. You can still call the office or email us if you have a specific question or concern. We'd love to know what you all have been doing to cope and connect. Feel free to share by emailing agefriendlygreenwich@gmail.com.

Commission on Aging 203-862-6710 Greenwich Senior Center 203-862-6700

Lori Contadino, MS, Director Commission on Aging



Town of Greenwich, CT www.greenwichct.org



Greenwich Senior Center at 299 on the Ave

April 2020

www.greenwichct.gov

203-862-6700

Dear Friends,

We are all living in a time of great uncertainty. Life as we know it has temporarily changed, and fear and anxiety over the coronavirus pandemic is widespread. Phrases such as "social distancing," "flattening the curve" and "contact tracing" have become commonplace and are spoken by television reporters, printed media and our peers. During this challenging time, it is extremely important that we take the necessary steps to reduce our risk of exposure and stay safe. Social distance does not mean that we have to socially disconnect. In fact, maintaining social connection is vital for social support and has important implications for health and wellbeing. It's important to talk with someone every day. We're thrilled to share new remote opportunities for socially connecting and engaging in a diverse schedule of programs. Details about the CONNECTT program – a collaborative effort with Greenwich Country Day School – can be found inside the April newsletter. We're also thrilled to be working in cooperation with Greenwich High School to launch the Bridging the Generations program – where any interested older adult can receive a regular phone call from a High School student volunteer to chat and check-in.

Everyone reacts differently to stressful situations. There are things you can do to reduce stress and support yourself during this challenging time.

- Take breaks from watching, reading, or listening to news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
- 2. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- 3. Make time to unwind. Try to do some other activities you enjoy.
- 4. Connect with others Try one of the new remote programs that are being offered. Reconnect with old friends and meet new people.
- 5. Talk with people you trust about your concerns and how you are feeling.
- 6. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row or if you feel overwhelmed with emotions like sadness, depression or anxiety.

The staff of the Commission on Aging and Greenwich Senior Center are working remotely, but you can still call the office or email us if you have a specific question or concern. We'd love to know what you all have been doing to cope and connect. Feel free to share by emailing agefriendlygreenwich@gmail.com.

Remember, we are all in this together. Stay safe and be well.

Lore

Lori Contadino, MS Director Greenwich Commission on Aging



View/Like Us On The Town of Greenwich Facebook Page

THANK YOU TO OUR GENEROUS SPONSORS!

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Greenwich Branch

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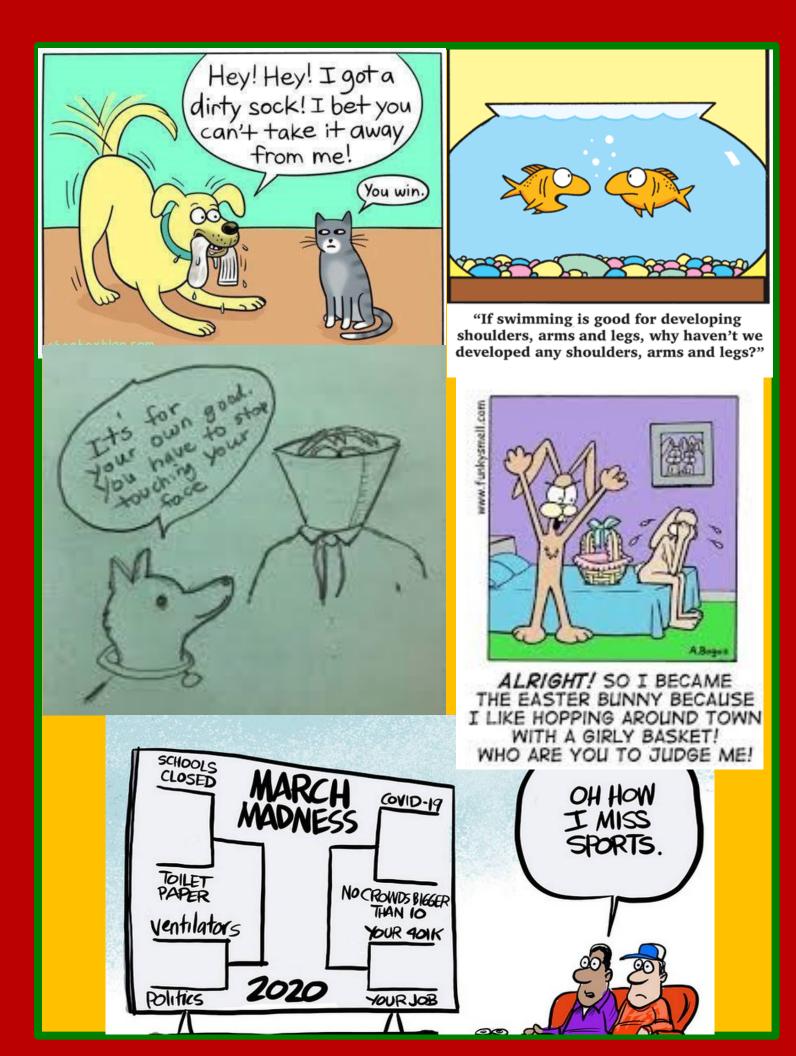


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Donna Spellman, MS

In Greenwich ^{tor} Good

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Bridging the Generations





The Greenwich Commission on Aging is collaborating with Greenwich High School, under the stewardship of Headmaster, Ralph Mayo, to connect high school students with older adults in our community that would like to receive a regular friendly telephone call. The need for daily socialization, social interaction and connection with others has never been more important than now. Practicing "social distancing" doesn't mean that we have to be "socially disconnected!" If you are an older adult interested in receiving a regular call to connect, chat and check-in, please call or email Sharon Wilson at Greenwich High School at 203-554-2780 or sharon wilson@greenwich.k12.ct.us

VIRTUAL TAX PREP

Free, On-Line Tax Preparation Available

- VITA (Volunteer Income Tax Assistance), the IRS's companion to the AARP volunteer income tax program, has initiated a virtual (online) option for the free preparation and e-filing of your taxes.
- You will need 20 to 30 minutes to complete and submit the form.
- VITA will then schedule a one hour time slot on the portal to have a phone or video interview to complete and go over your return.

<u>Please click here for</u> answers to frequently asked questions and further information (en español).

Begin the process now.

WE WANT TO HEAR FROM YOU!

greenwich UNITED WAY



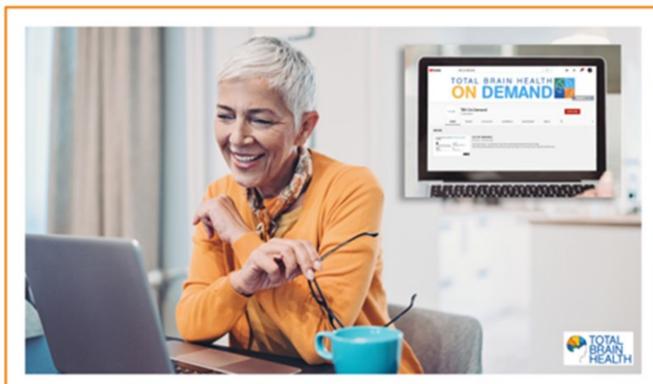
YOUR PARTICIPATION IS GREATLY NEEDED!

Please take the Greenwich United Way Needs
Assessment survey – conducted every five years –
to help create the road map to ensure every
resident of Greenwich has the opportunity to be
healthy, educated and self-sufficient.

We Find It. We Fund It. We Fix It. We are Greenwich.

GREENWICHUNITEDWAY.ORG/NA2020/

Please share with others dedicated to the people of Greenwich! La encuesta también está disponible en español.



Free Online Brain Coaching to Keep You Sharp at |

Hosted by Cognitive Wellness Expert Dr.

Looking for ways to stay intellectually engaged while isolated? Join us for a series of 6 pre-recorded online brain training sessions you can use to:

- build focus and attention
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- . Keep training with printable worksheets you can do on your own
- Share your feedback and suggestions on what training you'd like next using the survey included with each video

Subscribe to the TBH on Demand Channel and check back regularly!



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BRAIN TEASERS (Answers on Page 18)

How many Fs do you see in the following sentence?

"Finished files are the result of years of scientific study combined with the experience of years."

Give it a go now and take note of your count. Don't over-think it and don't spend a lot of time on it. Answer on page 17

Guess the next three letters in the series GTNTL.

A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor is not the boy's father. Then who is the doctor?

I am the beginning of sorrow and the end of sickness. You cannot express happiness without me yet I am in the midst of crosses. I am always in risk yet never in danger. You may find me in the sun, but I am never out of darkness.

A man wanted to encrypt his password but he needed to do it in a way so that he could remember it. He had to use seven characters consisting of letters and numbers only (no symbols like! or <). In order to remember it, he wrote down "You force heaven to be empty." What is his password?

A man is headed to a mountain along with a lion, a goat, and a basket of vegetables. On the way, he needs to cross a river and the boat can only carry two things at a time. If he takes the vegetables, the lion will eat the goat. If he takes the lion, the goat will eat the vegetables. How does he cross the river









TRIVIA

- 1. According to Greek mythology, what were Jason and the Argonauts looking for?
- 2. What part of the body does a Rhinologist specialize in?
- 3. What was the nickname of the 1960's model born Leslie Hornby?
- 4. Who was Stan Laurel's partner?
- 5. What city is the capital of the US state Arkansas?
- 6. The study of human behavior and mind is called what?
- 7. Who said "I've had such a curious dream"?
- 8. What is an angle whose measure is between 0 and 90 degrees referred to as?
- 9. What does the "F." stand for in the name F. Lee Bailey?
- 10. This one is for Cookie Salerno: What two ingredients make a Black Velvet cocktail?
- 11. What are baby Koalas called?
- 12. This science deals with the behavior of projectiles?
- 13. What Mexican border city is located south of San Diego?
- 14. How many syllables are there in the answer to number 13?
- 15. Who was born Anne Frances Robbins?
- 16. How many years does a silver anniversary celebrate?
- 17. What is Ablutophobia?

ASWERS ON PAGE 18

Why English Is So Hard To Learn

- Marlene Davis

You think English is easy? Check out the following:

- 1. The bandage was wound around the wound.
- 2. The farm was cultivated to produce produce.
- 3. The dump was so full that the workers had to refuse more refuse.
- 4. We must polish the Polish furniture shown at the store.
- 5. He could lead if he would get the lead out.
- 6. The soldier decided to desert his tasty dessert in the desert.
- 7. Since there is no time like the present, he thought it was time to present the present to his girlfriend.
- 8. A bass was painted on the head of the bass drum.
- 9. When shot at, the dove dove into the bushes.
- 10. I did not object to the object which he showed me.
- 11. he insurance was invalid for the invalid in his hospital bed.
- 12. There was a row among the oarsmen about who would row.
- 13. They were too close to the door to close it.
- 14. The buck does funny things when the does (females) are present.
- 15. A seamstress and a sewer bell down into a sewer line.
- 16. To help with planting, the farmer taught his sow to sow..
- 17. The wind was too strong to wind the sail around the mast.
- 18. Upon seeing the tear in her painting she shed a tear.
- 19. I had to subject the subject to a series of tests.
- 20. How can I intimate this to my most intimate friend?

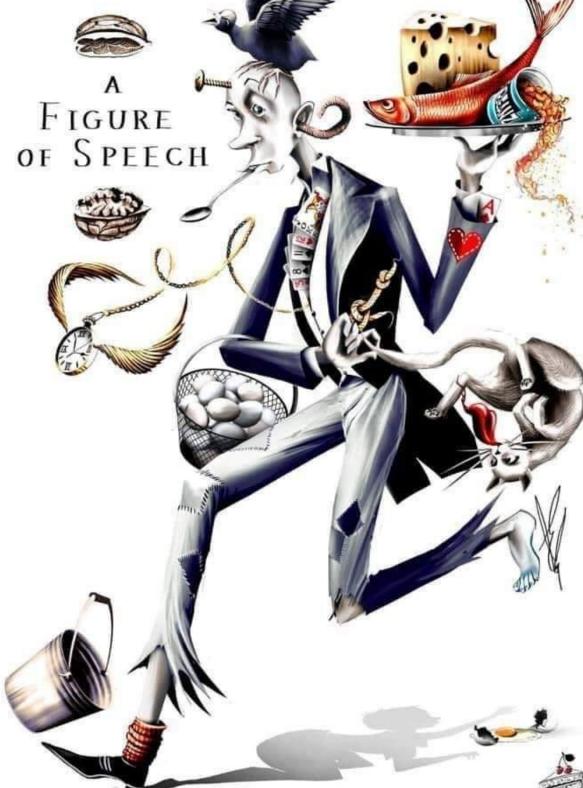
Heteronyms

These are brilliant. Homonyms or homographs are words of like spelling but with more than one meaning and sound. When pronounced differently they are known as heteronyms.

CHALLENGE: Can you come up with your own?

Email to Lynn.Mason@greenwichct.org or leave message at 203-862-6721.

FIND 27 FIGURES OF SPEECH IN ONE IMAGE



CELEBRITY QUOTES

- 1. "I like women. I don't understand them, but I like them."
 - Sean Connery
- 2. "I asked for a bike. But I know God doesn't work that way. So I stole a bike and asked for forgiveness."
 - Al Pacino
- 3. "When other little girls wanted to be ballet dancers, I kind of wanted to be a vampire."
 - Angelina Jolie
- 4. "I have insecurities of course. But I don't hang out with anyone who points them out to me."
 - Adele
- 5. "Keep seeing the glass half full and it will dawn upon youu that it's probably your turn to buy."
 - Bill Murray
- 6. "The hardest years in life are those between ten and seventy."
 Helen Hayes
- 7. "Too many people spend money they haven't earned, to buy things they don't want, to impress people they don't like."
 - Will Smith
- 8. "A celebrity is any well-known TV or movie star who looks like He spends more than two hours working on his hair."
 - Steve Martin
- 9. "Stop posting quotes celebrities didn't say."
 - Marilyn Monroe
- 10."From the moment I picked your book up until I laid it down, I was convulsed with laughter. Someday I intend to read it."
 -Groucho Marx

Please join us for:

A Community Conversation with First Selectman Fred Camillo on the Town's response to the COVID-19 pandemic and the needs of our residents.

Wednesday April 8, 2020

1:30 pm

To Join: Click the CONNECTT link on website below this Newsletter and follow directions

Protect yourself from fraud

Scammers may use COVID-19 as an opportunity to steal your identity and commit fraud. Be wary of unsolicited requests for your Medicare number or other personal information. Additionally, the US Treasury Department also wants to alert the public about scams in relation to their stimulus check.

Be cautious if you're being pressured to share any information or make a payment. Medicare, Social Security and the IRS will not call you! When in doubt, assume it's a scam.

Lori Contadino, MS, Director Commission on Aging



Town of Greenwich, CT www.greenwichct.org

THE GREATS' CORNER

So What Now?

We are all "Home Bound," and wondering what to do with all the new found time we have? Well, my wife and I have been on lock down mode for at least three weeks now. She is working from home and I am trying to be creative on how I am spending my time.

It is important to keep a routine, so I get up around seven am. It used to be six, but I am not going anywhere so I sleep in. I do my exercises, have breakfast, shower etc. I check my cell phone and answer emails. Then I go on Duolingo and do the day's Italian language lesson. Doing much better at it than a year ago, Luciana, our Italian teacher would be so proud of me!

I water my indoor plants and I finally fertilized them! I bought some bulbs from McArdle's, had them delivered to the house and yesterday planted them in pots and put them in my living room window until they are ready to go outdoors.

Pam Kuhn, our Silvertones guru, has been teaching us how to read music. My wife bought me a keyboard 15 years ago, I now am just starting to use it. Thanks Pam, oops, I mean thanks Adele!

There is a part of me that is really enjoying being at home with my wife. She now is doing most of the cooking and she is a great cook! She normally commutes to Shelton, Ct. four days a week. I usually make us dinner on those days. I must admit, I am not the greatest cook. Under lock down, I have gained three pounds!

I usually am not a phone person, though lately, I have been reaching out to friends and family by phone. I find emails and texting not as personal, one gets a better sense of how the other person is coping when one can hear their voice. When one is feeling lonely or blue, give someone else a call, it will lift both your spirits!

I enjoy reading. Right now I am reading "Midnight In The Garden Of Good And Evil" by John Berendt. A book written in the Seventies. One I just loved recently was "Where The Crawdads Sing," a murder mystery by Dellia Owens. I think my new read will be "Nickel Boys" by Colson Whitehead. He wrote "The Underground Railroad." Actually, if you get the AARP Magazine, it gives reading and movie suggestions.

Speaking of Movies, we saw a great one on Netflix recently, "Self Made," The story of Madam C. J. Walker who was the first black female millionaire in America! Later in life, she built herself a mansion in Irvington NY.

If you are interested in concerts, you can go on line and google "concerts during the lock down." Also here is a link to a website that offers virtual tours of 12 museums across the globe: https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours

Why not google "100 things to do while at home"? This includes some very good suggestions to pass the time: meditate, clean closets, do some cooking, organize your Tupperware. I think ours are procreating! Knit or crochet, play board games, complete a puzzle, write poetry, write your will if you do not already have one. Do your income taxes, the extension is now July 15th! Start a journal of your thoughts at this time. We all need to reflect on the present world we are living in momentarily.

And, before I forget, we pray daily. We give thanks for our many blessings and we pray for those who are serving others selflessly at this time. We include our traditional first responders, and now medical professionals as well as those who are working at drug stores, food stores and in shipping and delivery - the list goes on and on. We pray for those who are suffering with or due to the virus, for those who have lost loved ones, those who are in isolation, and for those of us who are still healthy, and that we may remain virus free.

While referencing virus and disease in history, I came across some interesting facts related to William Shakespeare that I though you might find of interest:

As Professor Jonathan Bate wrote in is biography of Shakespeare, **"Soul Of The Age: "**

"Shakespeare's life, like the lives of so many people in England at the turn of the 17th Century were shaped by plague. While there is no evidence of Shakespeare specifically being quarantined, the plague closed the theaters in London repeatedly. During this time, Shakespeare opted to write poetry, as well as plays that would be preferential when the theaters would open again.

There are many unknowns about Shakespeare's life, but his writings did survive the plague from Romeo and Juliet to King Lear. There are many references to pestilence and disease throughout his plays demonstrating the profound impact after living through and around what influences the plague had on Shakespeare's life and works."

Similar to the measures being taken during the current coronavirus pandemic, When Sir Isaac Newton was in his early 20's he was sent home from Cambridge when the Great Plague hit London. According to the *Washington Post*, it was during this time, confined to his home, that Newton made some of his greatest discoveries including gravity.

It just goes to prove that out of every negative experience we encounter throughout our lives, good does blossom.

In conclusion, I hope we will all remain well and can minimize the anxiety that this is causing us. I want to leave you with a youtube.com video that I found so very funny https://www.youtube.com/watch?v=k0ci5EYb9qA - I guarantee this will lift your spirits!

Remember, we are all in this together.

Stay well.

Frank Rota, Greats President

REBUS PUZZLES

NOBODY **LAW**

4.



3.

Can you solve rebus puzzle # 03

MO ONCE ON

M1Y L1I1F1E

ICe³

5.

ANSWERS ON PAGE 18

27 figures of speech in one image

Answers:

- 1. Time flies
- 2. An ace up your sleeve
- 3. Spill the beans
- 4. Cat got your tongue
- 5. Got the cat by the tail
- 6. Kick the bucket
- 7. Born with a silver spoon in the mouth
- 8. Don't carry all your eggs in one basket
- 9. Wear your heart on your sleeve
- 10. Keep your cards close to your chest
- 11. Nail on the had 12. Loose screw
- 13. Cold feet
- 14. Something fishy
- 15. Fish out of water
- 16. Tie the knot
- 17. Living in your shadow

- 18. Piece of cake
- 19. Bird brain
- 20. Cherry on top 21. Chalk & cheese
- 22. Knock your socks off
- 23. Red herring
- 24. An earworm
- 25. In a nutshell
- 26. On a silver platter
- 27. On the wings of time You could have also found the following:

Pull up your socks

Rags to Riches

Shadow of his former self

Don't count your chickens before they hatch

Page 16 Answers;

I, T, S. The complete sequence is

The Doctor is the Boy's Mother.

these characters: u472bmt.

behind. On reaching the other

the lion, leaving the vegetables

takes the goat along. Trip 3: He

the vegetables with him to the

behind. On reaching the bank this

time, he drops the lion, and again

drops off the goat again and takes

other shore. Trip 4: Lastly, he comes

riverbank, he drops off the

the first letter of every word in the

Try to pronounce the sentence like

Trip 1: He takes the goat with him,

leaving the lion and the vegetables

goat.Trip 2: He then comes back for

Put your best foot forward

How many F's? 6

Hard nut to crack

sentence.

The letter S

REBUS & TRIVIA ANSWERS

REBUS

- 1. Nobody is above the law.
- 2. Lunderstand
- 3. Once in a blue moon
- 4. Ice cube
- 5. For once in my life
- 6. Cross Country

TRIVIA

- The Golden Fleece
- The Nose
- Twiggy
- Oliver Hardy
- Little Rock
- **Psychology**
- Alice (in Wonderland)
- An acute angle
- **Francis**
- 10. Champagne & Stout (ick!)
- 11. Joeys
- 12. Ballistics
- 13. Tijuana
- 14. Three (There is only one 'a' in Tijuana 'tee-wan-ah)
- 15. Nancy Reagan
- 16. 25
- 17. Fear of bathing (Don't Let this happen to you during social distancing!)

Page 18

